Effects of Studying a Course of Self-Development follow the Principle of Religion on Self-Esteem and Happiness in Nursing Students

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Abstract:
Purpose: This research aimed to investigate the effects of studying a course of self-development follow the principle of religion on self-esteem and happiness in nursing students.
Design: A quasi-experimental study design.
Methods: A study sample consisted of 127 third year nursing students from a faculty of nursing in Bangkok. They were divided into intervention (n = 66) and control group (n = 61). The intervention group attended a 54-hour course of self-development follow the principle of religion. The control group attended another courses. The research instruments included a student information form, a self-esteem questionnaire, and a happiness index. For both intervention and control groups, a set of questionnaires were administered at baseline and after the completion of the course. Descriptive statistics and t-test were used for data analysis.
Main findings: Upon completion of the self-development course, nursing students participating in the course had significantly increased self esteem and happiness when compared to those in the control group.
Conclusion and recommendations: The findings support the benefits of the course of self-development follow the principle of religion for enhancing the self-esteem and happiness in nursing students. Encouraging the nursing students to enroll this course is highly recommended.

Keywords: happiness, nursing students, self-development, self-esteem